

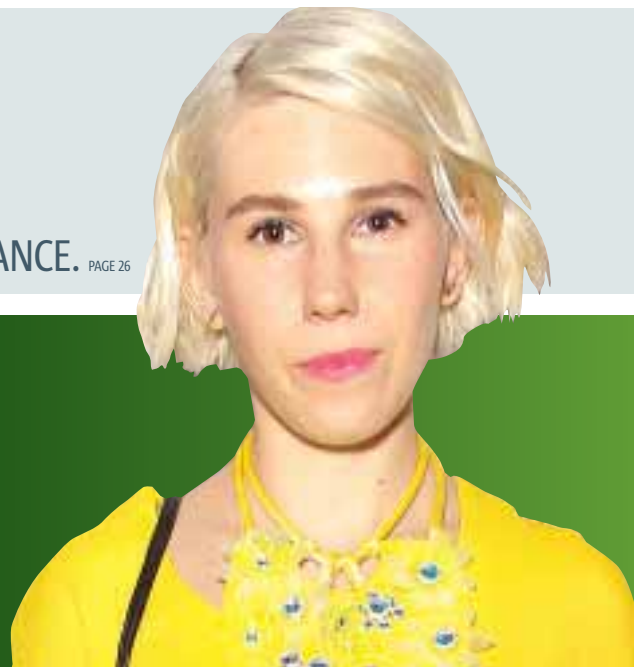
ZOSIA MAMET ON MAKING HER MARK

THE "GIRLS" STAR TALKS CAREER CHOICES AND PERSEVERANCE. PAGE 26

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Monday, September 22, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork



300K hit NYC for march

Politics. Protesters converged on Manhattan to raise awareness about climate issues before Tuesday's U.N. Climate Summit. PAGES 02, 04, 08



The organizers said that they originally expected 100,000 to take part in the event — but by Sunday afternoon, the number of people who participated had risen to 300,000. / BESS ADLER, METRO

**Senators
vow to take
on the NFL**

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**McKenzie
moves to
'Gotham'**

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**Will James
Spader be
bad forever?**

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**FREEMAN:
A free man
from Ween**

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**Giants best
Texans for
first win**

PAGE 28



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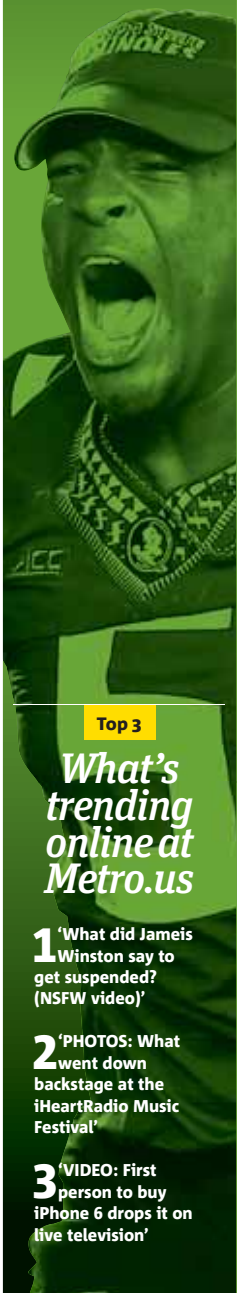
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1 NEWS

Today's tweet

"I'm not a march kind of guy but history is going to laugh at these deniers slugging the #climatemarch."

@MikeGrunwald



Top 3

What's trending online at Metro.us

1 'What did Jameis Winston say to get suspended?' (NSFW video)'

2 'PHOTOS: What went down backstage at the iHeartRadio Music Festival'

3 'VIDEO: First person to buy iPhone 6 drops it on live television'



The marchers came from all over the world to ask the United Nations to do something about climate change. / BESS ADLER, METRO



/ BESS ADLER, METRO

Marchers hit streets to demand change

Manhattan.

Protestors came from near and far to call for protecting the environment.

More than 310,000 people flooded Manhattan Sunday with one main message ahead of the United Nation's Climate Summit: Do something about climate change.

Activists came from all over the country and the world to attend the People's Climate March, lining up along Central Park West on Sunday morning. The march weaved down Sixth Avenue and across 42nd Street, ending along 11th Avenue at 34th Street.

Many local activists who marched said they were concerned with air quality in New York City and the tri-state area. Kim Gaddy, 50, an organizer with Clean Water Action in Newark, said she has been a climate change activist for the past 20 years, ever since her first child was diagnosed with asthma.

Solidarity

People in 166 countries held events in solidarity with the New York marchers.

- In addition to the hundreds of community, labor and religious groups, the march was attended by numerous officials, including Mayor Bill de Blasio and New York City Council members. U.N. Secretary General
- Ban Ki-Moon marched in Manhattan, as did Al Gore and Jane Goodall.
- Many marchers said that reducing greenhouse gases and fossil fuels should be a "priority" for the UN conference.
- To read more about the People's Climate March, see page 8.



Visit **Metro.us** to see more photos from the Climate Change march.

"I had to get involved because my kid's life is on the line," said Gaddy.

Air quality in Mott Haven in the south Bronx was a main reason Danielle Beiling, a 30-year-old hospital worker and neighborhood resident, attend-

ed the Peoples Climate March.

Beiling said Mott Haven's industrial profile leads it to have the "highest asthma rate in the country."

"And they just s— on us because people are poor and brown," Beiling said.

College students made up a large contingent of the march. Nate Barnett, a student from Dillard University in New Orleans, marched because of the continued "devastation" from Hurricane Katrina.

"States in the south region of the USA need attention," Barnett, 23, said.

"Everyone's really ex-

cited and dancing and in a positive spirit," said Victoria Accardi, a 22-year-old New York native who came from College of the Atlantic in Maine for the event.

In the weeks leading up to the protest, organizers said to expect 100,000 to march in New York. The initial New York count was at 310,000 by mid-afternoon Sunday, according to event organizers.

"It's a crazy scene," said Caitlin Zaloom, who had her 8- and 5-year-old children with her. "I wanted them to be a part of change, I want them to know they can do something about this."

Zaloom, a cultural anthropologist who teaches at New York University and member of the Institute for Public Knowledge, said Hurricane Sandy was a turning point for her.

"It really made it very clear that we were going to have to be dealing as a city and as a community and as a world to change the path of climate change," Zaloom said.



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Plenty of reasons



"The reason I am here today is because

this is one of the last moments in, I would say, in this lifetime where we can stand up for what's gonna happen in our future for the climate."

Ben Brierne



"This event is very important for New

York and for the world, because look how beautiful all of this is. When all of those ugly people out there claim there's no global warming ... you just look at these people and this is really what we need to build our future around."

Jim Glaser



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MADE FOR NEW YORK.

Mayor says the city will tackle greenhouse gas

Manhattan. He pledges to lower NYC emissions by 2050.



Al Gore and Mayor de Blasio
BESS ADLER, METRO

Hours before the start of the People's Climate March on Sunday, Mayor Bill de Blasio announced a plan for city buildings aimed at reducing greenhouse gas emissions by 80 percent by 2050.

The plan, called "One City, Built to Last," will upgrade 3,000 buildings with high energy use over the next 10 years, which include public housing, hospitals, homeless shel-

ters and schools, according to the mayor's office. The plan also includes incentives for private building owners to lower emissions, and mandates if reductions are not met.

Between 150 and 200 buildings will receive improvements or the next decade. All city buildings will

be upgraded by 2025.

"Climate change is an existential threat to New Yorkers and our planet. Acting now is nothing short of a moral imperative," de Blasio said Sunday.

The mayor's office estimates a \$8.5 billion in energy savings over 10 years, and the creation of 3,500 new construction and energy jobs.

The initiative is supported by United States Housing and Urban Development Secretary Julian Castro, the mayor's office said.



WENDY JOAN
BIDDLECOMBE
Wendy.Biddlecombe@metro.us



UN lights up ahead of Climate summit

The UN headquarters on the East Side lit up in preparation for the People's Climate March on Sunday and at the UN Climate Summit, which will take place on Tuesday morning when world leaders gather to discuss the most pressing environmental issues facing the Earth. / GETTY IMAGES

Albany

Gov. Cuomo sets Climate Week agenda in NY

Gov. Andrew Cuomo announced that Sept. 22-28 would be Climate Week in New York. During this time, he will address the environmental changes facing New York due to extreme weather. He will also talk about some of

the steps the state has already taken to prepare for future storms and what remains to be done.

"The new reality of extreme weather means that we must reimagine our state and nation to be cleaner and more resilient than ever before," Governor Cuomo said.

In the past year, New York state has joined the regional Greenhouse Gas

Initiative to reduce the carbon emission cap by 45 percent. It has also made a commitment of \$1 billion to expand solar power and turn it into a self-sustaining sector. Gov. Cuomo will talk about shoreline protection and flood mitigation as well as a \$17 billion plan to make New York's infrastructure more resilient in case of future storms. **METRO**



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Jeremiah Moss is the award-winning author of the blog "Jeremiah's Vanishing New York." His writing on the city has appeared in many publications, including The New York Times, and online at The New Yorker.



All aboard the Floating Library at Hudson Pier

Until Oct. 3, aboard the Lilac Steamship docked at the Hudson's Pier 25, you will find the Floating Library. The creators call it "a space for critical cultural production by pushing boundaries under the open skies that are conducive to fearless dreaming."

Books populate the swaying decks, from the shipmaster's stateroom to the officers' mess, in shelves and stacks, artfully placed, enticing. The books are

Easter eggs, inviting exploration, some appearing where you least expect, like thick copy of Moby Dick reclining in a hanging net.

The library hosts events daily. Down a corridor, you might find a group of poets talking about social revolution or a bookbinder giving lessons on how to make a book out of paper and string.

Across the ship,



readers lounge on mattresses and chairs, books in hand. All mobile devices must be powered off. The Floating Library is an analog experience. Swaying in the water, bumping against big rubber fenders that keen against the dock, the Lilac smells sweetly of rust and rot, of the saline Hudson and time gone by. Like a library, it is peacefully quiet. The only racket comes from the loud music of the mini-golf course across the pier, another amenity of the city's suburbanization.

Onboard, though roped to the city, you are away from it. The 1933 lighthouse tender is a floating artifact, a lovely ruin through which you are free to roam, peering through portholes and poking into musty rooms. On the bridge, you can put your hands on the wheel, read nautical maps and admire the

antiques, including a pair of telegraphs made of brass by the Durkee Marine company of Staten Island, long defunct. A sign says "do not touch," and it's hard to obey, your hands itching to pull the level for "full steam ahead." But the Floating Library is, after all, a slow space.

Ample research shows that reading on paper, not on a screen, is better for your brain, and that reading slowly improves concentration and reduces stress. To read onboard a boat, in the cradle rocking of the river, is an ideal way to tune in.

The Floating Library is the Lilac's final event of the season. Visit soon, before the books are put away and the steamship is locked for the winter.

JEREMIAH MOSS

Manhattan. Third section of the High Line park opens to public



Marchers opened the new stretch of the High Line with a procession. / MILES DIXON, METRO

High Line at the Rail Yards, the third section of the High Line — spanning 30th Street and 10th Avenue to 34th Street and 12th Avenue — opened to the public on Sunday. The park is now 1.5 miles long.

Local politicians, such as Sen. Chuck Schumer and Manhattan Borough President Gail Brewer, as well as celebrities such as High Line Board member Ed Norton, took part in a kickoff event Saturday



Actor Edward Norton

afternoon.

The third section was introduced with a procession that included local artists, large-scale puppets and live music.

The new section of the park includes tree plantings, pathways installed in the High Line's original tracks and a series of play elements for children. The 11th Avenue Bridge now slopes up so that visitors can see the cityscape and Hudson River. **METRO**

Bronx

Officer killed, eight injured in van crash

One NYPD police officer was killed and eight other officers were injured Sunday when the van they were traveling in crashed in the Bronx.

The marked NYPD van hit a barricade just past 5 a.m. on the Bruckner Expressway at Bryant Avenue. Michael Williams, 25, was thrown through the window. He was taken to Lincoln Hospital and pronounced dead.

Williams was an officer in the 47th precinct in the north Bronx. **METRO**



Michael Williams / NYPD

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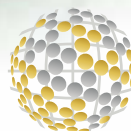
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Ban-Ki Moon, DiCaprio march in world climate demonstration

New York. The march was packed with celebrities and dignitaries who want change.



STING TOOK PART IN THE MARCH. / GETTY IMAGES

Several A-list celebrities and world dignitaries were among the hundreds of thousands who marched through Manhattan and in cities around the world Sunday demanding government action on climate change in what organizers called the largest climate demonstration ever.

Demonstrators, including homeowners flooded by Hurricane Sandy, political leaders and indigenous people fighting oil companies in Latin America, chanted, sang and danced in an appeal to global leaders to act

on climate change.

Singer Sting, actor Leonardo DiCaprio and Vermont Sen. Bernie Sanders carried signs along the route.

"It's a campaign to solve complacency against climate change," Sting said in an interview. "We are making a statement that is anything but complacent."

The event comes ahead of a United Nations summit this week on climate change and coincided with more than 2,600 events planned in 150 countries.

Also among the march participants was U.N. Secre-



Actor Leonardo DiCaprio walks down 6th Avenue during the People's Climate March. / GETTY IMAGES

Demonstrators

120

The number of heads of state that the U.N. will host at the climate event forum on Tuesday

tary-General Ban Ki-moon, who will host more than 120 heads of state and government at what he called a "political action forum" on climate change. It will be the largest gathering of heads of state focusing

on climate issues, and will set a framework for talks in Lima in December and Paris next year, when leaders will attempt to hammer out a pact on cutting emissions blamed for global warming. **BLOOMBERG**

Summit at the UN

The United Nations Climate Summit starts on Tuesday.

- All member states will attend the summit, with the idea of working toward an agreement to limit the rise in global temperature.
- Opening speakers include U.N. Secretary General Ban Ki-moon, Mayor Bill de Blasio, former Vice President Al Gore and actor Leonardo DiCaprio.
- The daylong event includes talks on "action areas" that include agriculture, cities, energy, financing, forests, pollutants, resilience and transportation.

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Domestic abuse. NFL should not tolerate violence: Senator

Women of the U.S. Senate have taken notice and will speak up about how the National Football League has handled domestic abuse cases involving its players, a leading lawmaker said on Sunday.

Several recent cases involving NFL players harming their partners or children have embarrassed the league, prompting NFL Commissioner Roger Goodell to apologize on Friday and promise reforms. That has not silenced the criticism.

"I think I can speak for all the women in the Senate by saying we're surprised, amazed and very resolute to do something about it," California Sen. Dianne Feinstein said on CBS' "Face the Nation."

NFL players are role models and the league should not tolerate when athletes get violent off the field, the Democratic lawmaker said. **REUTERS**

Nonprofit

The spectacle has drawn lawmaker scrutiny of federal policies that aid the league.

- Last week, top U.S. House of Representatives Democrat Nancy Pelosi said Congress could weigh in on the NFL scandal because the league, which is a registered nonprofit that drives \$9 billion in annual revenue, is exempt from antitrust regulations.



SEN. DIANNE FEINSTEIN

GETTY IMAGES

Former NFL kicker dies in Nashville car wreck

NFL. In 2007, Bironas set an NFL record by kicking eight field goals in a game against the Houston Texans.

Former Tennessee Titans kicker Rob Bironas died late Saturday in a single-vehicle car crash in Nashville, police said on Sunday.

Bironas, 36, lost control of the SUV he was driving at a high rate of speed around a curve in the road, the Metropolitan Nashville Police Department said in a statement. The vehicle veered off the right side of the road, struck a line of trees and stopped upside down in a large culvert, police said.

Bironas was taken by

ambulance to Vanderbilt University Medical Center, where he was pronounced dead, police said. The accident happened just after 11 p.m. and less than a mile from Bironas' home, where police believe he was headed. No evidence of drugs or alcohol was found, police said.

Bironas played nine years for the Titans in the National Football League before he was released early this year. Bironas converted 85.7 percent of his field goal attempts in his career.

In June, Bironas married Rachel Bradshaw, the daughter of former Steelers Hall of Fame quarterback Terry Bradshaw, according to NFL.com.

"We are deeply saddened to hear the tragic news from last night about Rob Bironas," the Titans said in a statement. **REUTERS**



Rob Bironas was released this season by the Titans. / GETTY IMAGES

Quoted

"Rob made a significant impact as a player in his nine years with the team and more importantly touched many lives in the Nashville community off the field."

Tennessee Titans said, in a statement.

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NEWS 12

Catholic church

Pope, on trip to mainly Muslim Albania, condemns ISIS

Pope Francis, in his strongest criticism of Islamist militants to date, said on Sunday no religious group which used violence and oppression could claim to be "the armor of God."

Francis made his comments during a one-day visit to Albania, an impoverished Balkan country hailed by the pontiff as a model of inter-faith harmony because of good relations between its majority Muslim community and its Christian denominations.

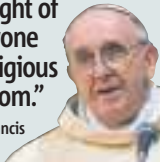
"Let no one consider themselves the 'armor of God' while planning and carrying out acts of violence and oppression," he said in the presidential palace in Tirana, responding to an address by Albanian President Bujar Nishani, who is Muslim.

REUTERS

Quoted

"May no one use religion as a pretext for actions against human dignity, and against the fundamental rights of every man and woman, above all to the right to life and the right of everyone to religious freedom."

Pope Francis



US says other nations are willing to launch air strikes in Syria

Fighting ISIS. Obama will give a speech Wednesday at the General Assembly to make the case for world action.

The United States says other countries are willing to launch air strikes in Syria against Islamic State militants and its U.N. ambassador predicted on Sunday: "We will not do the air strikes alone."

Washington is trying to build an international military, political and financial coalition to defeat the radical Sunni Muslim group that has seized swaths of Iraq and Syria and proclaimed a caliphate in the heart of the Middle East.

U.S. Ambassador to the United Nations Samantha Power was asked on CBS' "Face the Nation" if the United States had any indication other countries were willing to launch air strikes in Syria.

"We do," Power said. "But we're going to leave it to other nations to announce for themselves what their specific commitments to the coalition are going to be."

Power highlighted U.S. efforts to build a coalition against Islamic State on television news shows as world leaders gathered in New York for this week's U.N. General Assembly.

The United States



A Syrian woman with her boy, fleeing from ISIS clashes, passing through Turkish border gate in Suruc district of Sanliurfa province of Turkey. / GETTY IMAGES

US support

\$500M

Washington has committed \$500 million to arm and train Syrian rebels.

1,600

Washington has also committed 1,600 U.S. troops into Iraq to act as advisors in fighting the group.

has launched air strikes against Islamic State within Iraq and President Barack Obama has authorized strikes in Syria aimed at denying Islamic State fighters safe havens in either country.

Power refused to identify any of the countries that might join air attacks in Syria, but told CBS: "We do indeed have

the support along the lines that I've described."

Power told the ABC program "This Week" there was universal support for "degrading and destroying" Islamic State.

"I will make you a prediction," Power said on ABC. "We will not do the air strikes alone if the president decides to do the air strikes." **REUTERS**

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ISIS hostage

Wife of Alan Henning pleads for his release

Alan Henning, a volunteer British aid worker being held by Islamic militants, should be released unharmed, his wife said in a statement.

Henning was part of an aid convoy taking supplies to a hospital in northwest Syria in December when it was stopped and he was abducted. **REUTERS**



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Litigation. Families of German MH17 victims to sue Ukraine



A temporary memorial sits outside of the embassy of the Netherlands in Berlin, Germany. / GETTY IMAGES

Survivors of German victims of Malaysian Airlines flight MH17 downed over Ukraine plan to sue the country and its president for manslaughter by negligence in 298 cases, the lawyer representing them said on Sunday.

Professor of aviation law Elmar Giemulla, who is representing three families of German victims, said that under international law Ukraine should have closed its air space if it could not guarantee the safety of flights.

Germans

4

Four Germans died in the crash of MH17.

"Each state is responsible for the security of its air space," Giemulla said in a statement emailed to Reuters. "If it is not able to do so temporarily, it must close its air space. As that did not happen, Ukraine is liable for the damage." Bild am Sonntag, a

Sunday mass newspaper, quoted Giemulla as saying that by not closing its airspace, Ukraine had accepted that the lives of hundreds of innocent people would be "annihilated" and this was a violation of human rights.

Giemulla planned to hand his case to the European Court of Human Rights in about two weeks, accusing Ukraine and its President Petro Poroshenko of manslaughter by negligence in 298 cases. REUTERS



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OMG! InkCase Plus gives a second screen for your cell phone

A smartphone seems to manage everything these days. However, there's a limit that even the biggest displays can't solve. Now, there's an option that can make smartphone addicts doubly happy: the InkCase Plus, a detachable second screen that can be used together with your Android phone, side-by-side. Working as an e-ink protective display, this standalone device promises to guarantee about 19 hours of continuous operation, saving power for the phone and letting it run normally. It doesn't come in various colors, but can be customized with pictures. On Kickstarter, the InkCase Plus met double its intended goal and is expected to be shipped in October. We talked with MK Kuan at Singaporean start-up Oasis Inc., the developers of the gadget.

Do you think everyone can get used to two screens?

It will take some time, but if Google is right on



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anything, the future will be a multi-screened one.

Can we say the InkCase Plus works like Kindle or Kobo?

Yes, the InkCase Plus can work as a standalone. It will still require the app to load the book onto the device.

The e-ink screen is not touchscreen, right? Won't people complain about it?

It's not touchscreen, but has power management and efficiency. Some users don't like it while others think it's OK.

WANISE MARTINEZ,
METRO WORLD NEWS

Question

Why do I need an InkCase Plus?

You can think of it as a second screen that works as a power saver for your phone; you could use the phone for calls, letting the InkCase Plus do the rest, like e-reading. And of course it provides unlimited updates of the customized pictures for the case.



Two screens are better than one, InkCase says. / INKCASE PLUS

Tragic

Kentucky firefighter dies after ice bucket challenge accident

A Kentucky firefighter who was severely injured a month ago while helping college students take part in an ALS fundraiser died on Saturday from

his injuries, authorities said.

Captain Tony Grider, 41, of Campbellsville, was hurt along with three other firefighters when an aerial ladder got too close to a power line as their department doused a university band with water.

Kyle Smith, the chief of Campbellsville Fire and Rescue, said Grider died

Quoted

"His family would like to sincerely thank all of those who have been there for them following this tragic accident."

Kyle Smith, fire chief
In a statement

at noon at University of Louisville hospital.

Grider and his three colleagues were injured on Aug. 21 when they were attempting to help students at Campbellsville University participate in the ice bucket challenge to raise funds to fight amyotrophic lateral sclerosis, also known as Lou Gehrig's disease.

REUTERS

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Staying in school. PBS gets set to host American Graduate Day 2014.

Each year, a reported 1.3 million high school students drop out of school — a number so high that many experts say addressing it is one of the biggest problems facing American education today.

"There isn't one reason students drop out," says Wes Moore, an author and Army veteran. "There's a collection of reasons — kids just don't feel engaged, and a lot of times there is a family situation."

On Saturday, Moore will host American Graduate Day 2014, an all-day broadcast that will air on PBS stations across the country. Throughout the

day, the broadcast will highlight educational success stories and feature guest appearances from celebrities including Tony Bennett, Ingrid Michaelson, "Sesame Street"'s Elmo and Allison Williams.

We talked to Moore about what communities can do to help at-risk students.

Support former students

"One thing we can do is be creative," says Moore. He notes that many dropouts struggle with unemployment and a lack of support. Two ways to combat those problems is to invest in work-training programs geared toward dropouts and to create relationships with colleges that could integrate these students into their programs.



Moore stresses the importance of good mentors and role models. / JOSEPH SINNOTT, WNET

Be a good mentor

"We have a lot of kids who don't have families or support systems," says Moore. Mentoring

programs and strong relationships with teachers can be crucial to keeping students on track to graduate. "Even if it's not your blood family, they can turn into your family," says Moore.

End 'dropout factories'

Researchers define so-called "dropout factories" as high schools where students have as much of a chance of dropping out as they do of graduating, says Moore. "We have to be able to raise expectations," says Moore. "We have these low expectations of what these students are capable of."



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CULTURE

THE WORD

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How do you spell homophobia in Russian? t.A.T.u.

I know we've all been waiting for t.A.T.u. — the faux-lesbian one-hit wonder Russian duo — to chime in on the subject of homosexuality, considering the increasingly hostile environment toward gays and lesbians in Russia. Well, I've got some bad news. Singer Julia Volkova would not be too thrilled if she ended up with a gay son. "Yes, I would

condemn him, because I believe that a real man must be a real man," she said during an appearance on a Ukrainian talk show. "God created man for procreation, it is the nature. ... I won't accept a gay son." But don't worry, guys. Some of her best friends are gay and she's totally down with them, so long as they're not related to her. "I'm not against gays, I just

want my son to be a real man, not a f—," Volkova adds. "I have many gay friends. I believe that being gay is all still better than murderers, thieves or drug addicts. If you choose out of all this, being gay [is] a little better than the rest." Oddly enough, she didn't say how she'd feel about having a daughter who pretended to be a lesbian to boost album sales.



Remember when these two were pretending to be this close?

New nudes leak, and Clay Aiken is on the scene!

A new batch of nude selfies supposedly belonging to celebrities like Kim Kardashian, Vanessa Hudgens, Lake Bell and Avril Lavigne hit the Web over the weekend, flooding Twitter and Reddit. It's unclear whether this new batch of pics, coming three weeks after the massive iCloud hacking celebrity photo leak, are authentic, and reps for the victims have no comment. But you know who does have a comment? Clay Aiken! Because obviously every-



Aiken is on the campaign trail, just not for the rights of celebrity privacy. /GETTY IMAGES

one was waiting for him to chime in on the subject. "Anybody who takes inappropriate pictures of themselves deserves exactly what they get," Aiken tells the Washington Post. "Of course whoever [stole and released the photos] should be hogtied. And it's unfortunate that we don't have Internet security

right now or the laws in place to protect people from pirating that stuff." Maybe Aiken, who is running for a congressional seat in North Carolina, can make that part of his platform: admonishing people for their personal choices and trying to stop "pirating and stuff." It has a nice ring to it.

Affleck is a card counter, doesn't see what's wrong

That story about Ben Affleck getting kicked out of a Las Vegas casino for counting cards at blackjack? "That is a true story," he tells Details. "I knew with blackjack that there's a way you can improve your odds. ... Once I became decent, the casinos asked me not to

play blackjack. I mean, the fact that being good at the game is against the rules at the casinos should tell you something about casinos."



AFFLECK

How to get away with mischaracterizing Shondra Rhimes

Shonda Rhimes read Alessandra Stanley's New York Times piece about her being "an angry black woman" and "a romance writer" in relation to the new show "How to Get Away with Murder," and Rhimes is, well, angry. "Wait. I'm 'angry' AND a ROMANCE WRITER?!!" Rhimes posted to Twitter. "I'm going to need to put down the Internet and go dance this one out. Because ish is getting real." She also helpfully pointed out a glaring error in Stanley's story:

Rhimes isn't actually the creator of "How to Get Away with Murder," Pete Nowalk is. He's white and male, but possibly still angry.



RHIMES

Farrell confirms 'True Detective' role

For all who are breathlessly awaiting casting news of "True Detective" Season 2, well, you already know this. For the rest of us, waiting for a free-ish way to see the HBO show, here's the news for you: Colin Farrell will definitely be one of the stars of the new season, which he mentioned in an interview with the Sunday World, an Irish newspa-

per, and apparently your No. 1 source for "True Detective" news, Farrell says he's "so excited" to be in the second installment of the HBO show that featured Woody Harrelson and Matthew McConaughey as the leads in its first season. Guess we'll have to keep checking back with the Sunday World to see who else ends up in the cast.

LISA WEIDENFELD

Twitter feed

Today, Ricky Gervais has a plan, Mindy Kaling understands modern life and Jerry Ferrara has selective memory.

@rickygervais: You can fool all of the people some of the time & some of the people all of the time and that's enough to make a f—ing fortune.

@mindykaling: If your date orders a California roll and vegetable tempura you so know she is totally basic but you are also getting laid

@jerryfferrara: Ironic I remember the code also to get right up to @MikeTyson in Punch Out, but cannot remember for s— where my check book is #0073735963

Apocalypse right now



TOM MISON
GETTY IMAGES

Battles. War, in the form of a Horseman of the Apocalypse, has arrived on "Sleepy Hollow," and it's up to Ichabod Crane and Abbie Mills to stop it.

The end of the first season of "Sleepy Hollow" was the best kind of finale, leaving viewers wondering, "How are they going to get out of that mess?" Especially when the mess

deals with a Revolutionary War hero who is trying to prevent the end of the world in the modern day. We asked lead Tom Mison.

Hopefully everyone gets out of those dire straits pretty quickly, because they've got an apocalypse to prevent.

That's the big question: Not only *how* do people get out, but *if* they get out of those situations. And then once we are out, how does it affect the relationships? And that's something that resonates throughout the rest of the season.

How is the relationship between Ichabod, his partner-in-crime Abbie and his wife, Katrina, affected?



"Sleepy Hollow" returns tonight at 9 on Fox. / BROWNIE HARRIS, FOX

Bonus question

After reading the finale script, did you have the same "holy crap" reaction that fans did?

Yeah. I had a conversation with Alex Kurtzman, one of the executive producers, who told me [co-star] John Noble was the Horseman of War. I had no idea. I knew when John joined us that he was going to be revealed to be my son; I didn't know that he would be a bad son, so that was a huge surprise.

What do you do with relationships when the apocalypse is coming? Tricky. And it's a bit of a mood-killer. [Laughs] There are new relationships; there are new interests. There's someone who has his eye on Abbie. There's of course still Katrina, and how do you reach her when she's with the Horseman of Death?

Do people outside the gang realize a war is being waged?

Well, how do you tell people the apocalypse is coming and not get locked up? [Laughs] That's another dilemma — we have to be a secretive army.

Will Ichabod's wardrobe be better adapted to the modern world this season?

The way our writers are dealing with Ichabod in the modern world ... I'm always excited by it. Last season he meets a character [who is] into battle reenactments and she gives him some new clothes. ... But that style, that's home for him. The moment that Ichabod's in jeans and a T-shirt with a crew cut, you lose a lot of [who he is].

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'Gotham' revisited



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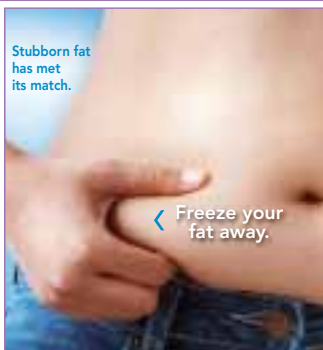
Superheroes. Ben McKenzie says his new version of the Batman story will show Gotham on its way to needing Batman to save it.

"Gotham" isn't your average superhero origin story. In fact, the iconic Batman-in-the-making storyline isn't even the central focus of this gritty new drama based in the DC Universe. Though the murder of Bruce Wayne's parents and its aftermath is addressed in the pilot, the rise of the Caped Crusader during Gotham City's fall isn't told from his point of



view — it's seen through the eyes of future Police Commissioner James Gordon.

"Jim is the central focus because he is the moral center, he's the man trying to push back the ocean [of corruption]," says Ben McKenzie, who plays Gordon in the Fox series. "Gotham's



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"Gotham" premieres tonight at 8 p.m. on Fox. / JESSICA MIGLIO/FOX

Rewrites

A new spin on the Batman myth

Though it takes a new spin on DC lore, McKenzie doesn't view the story of "Gotham" as bastardizing the 75-year history of Batman mythology. "If you read enough of the source material, there's an awful lot of things that don't quite add up if you tried to create a singular narrative out of it," he points out. Of course, McKenzie's fended off this kind of criticism before: He voiced Bruce Wayne in 2011's animated adaptation of "Batman: Year One."

Gordon is a rookie detective who quickly makes enemies due to his unwavering commitment to law and order. "Everyone else is drawn in opposition to him on purpose," McKenzie explains. "He will have his victories and defeats as he rises up in the police department, and yet at the

same time fails in his ultimate quest to clean up the city. 'Cause if he succeeded in that, then there'd be no need for Batman."

When young Bruce needs a role model, it's Gordon's sense of duty that inspires him. But Gordon's assessment of right and wrong also affects more vil-

lains Gotham residents. Those battles end up making Gordon unwittingly complicit in the fall of the city from the get-go. "He does his best, but he loses the war," says McKenzie.

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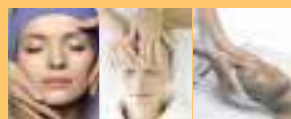
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Spader after dark

In honor of tonight's second season premiere of "The Blacklist," where James Spader plays good guy/bad guy Raymond "Red" Reddington, it's a good time to look back at Spader's storied history of playing not-so-nice guys. While the '80s saw him showcase his evil yuppie side, he graduated to intense, morally ambiguous guys in the '90s. But his next role might have him on his worst behavior yet.

MATT PRIGGE AND LISA WEIDENFELD



"The Blacklist" returns tonight at 10 on NBC. / WILL HART, NBC



'Pretty in Pink'

1986

The first step in Spader's path to pop culture villainy was playing the snobby Steff in "Pretty in Pink." While "The Blacklist"'s Red engages in global espionage, Steff partakes of a more mundane form of bad guy tactics: He's a jerk to Molly Ringwald's Andie because she comes from a poor family, and he tries to discourage rich kid Blane from dating her.

'Less Than Zero'

1987

After "Pretty in Pink," there was no going back to good. When the first of the Brett Easton Ellis movies — about Los Angeles' young, pretty and sometimes drugged-out — needed a scary dealer, they turned to Spader, who slicked back his hair to terrorize his former "Tuff Turf" co-star, Robert Downey Jr.



'Wolf'

1994

By 1994, Spader was freely wobbling back and forth between good and evil. He was firmly on the latter side in Mike Nichols' polished werewolf movie, where he's the guy who makes the mistake of sleeping with Jack Nicholson's wife — right before Nicholson turns lycanthrope. Spader even gets his shoes micturated (look it up, then say "ew") upon by Jack.

'2 Days in the Valley'

1996

The immediate post-"Pulp Fiction" era was a nasty one, with weak imitations flooding the market. One of those was this Altmanesque ensemble piece, which counted among its many characters Spader's bespectacled, psychopathic, Charlize Theron-humping hit man.



'The Office'

2011-2012

So maybe Robert California wasn't quite as bad as some of Spader's other nefarious roles, but he wasn't exactly a good guy, was he? "The Office"'s second boss seemed to thrive on keeping all of his employees slightly off-balance with his intense but unreadable management technique, and we all know there's nothing worse than a bad boss.

'The Avengers: Age of Ultron'

2015

In perhaps his strongest run of villainy yet, Spader will be voicing Ultron, the villain in the upcoming "Avengers" sequel. Sure, some of those other guys wreaked havoc in their high schools, or across the country, but Ultron? That guy's working some interstellar wickedness.



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FREEMAN is Freeman as a free man

'Captain Fantasy.'

Once known as Gene Ween, the singer has gone solo and pursues cleaner living.

For nearly 30 years, Aaron Freeman was known endearingly to his listeners as Gene Ween. The co-founder and lead singer of the surrealist and whimsical psychedelic band Ween, Freeman was a vocal shape-shifter that helped define the continually evolving sound of a band that innovated through emulating. From bedroom band to an epic live act, Ween recorded 11 studio records in 28 years before Freeman put an end to the project in 2012. Realizing the band's loose lifestyle had led to a life of addiction, Freeman decided to get help.

"Basically, my brain was fried," says Freeman. "I just couldn't get out of the cycle of addiction."

After battling a creative block and recording an album of Rod McKuen covers, Freeman, now two years sober, returns with his first album of original work since the band's demise. Using his given name with an undeniable and inherent metaphor within, FREEMAN shows Freeman at his most honest and heartfelt, but fans will still find the Gene Ween stylings that have always tied his songs together.

"I don't have to sing about that 'Jimmy-Jack-Pammity-Flack' like Ween did," notes Freeman half-sarcastically. "Even if this record sucked, it would be a statement that 'Hey, you can move on and you can do this,' and I think a lot of people appreciate that in life. I'm glad to maybe be an example for some people. If there are some fans that are pissed because maybe we broke their adolescent dream, whatever!"



NOLAN GAWRON
@MetroBOS
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Quoted

Unleashed from the subconscious

"My music all gathers in my subconscious. ... Usually what happens is it gets stored in there and then it just spills out. ... One day I was just sitting

here on the porch that I'm sitting on now, looking out at the rocks and the chipmunks with my guitar and it just came out. ... All of a sudden I had 15 or 16 songs. ... I really didn't know if I could write again, so to feel it coming out of me from that same place ... was just great."

TV watch list

COMEDY

'The Big Bang Theory'

Amy and Leonard have to go all the way to Arizona to find Sheldon, while Penny is on the hunt for a new job at Bernadette's company.

SEASON PREMIERE, 8 P.M., CBS



The guys of "The Big Bang Theory" are excited to be back. / CBS

DRAMA

'Forever'

What would it be like to live forever? This show, which stars Ioan Gruffudd ("The Fantastic Four") aims to find out.

SERIES PREMIERE, 10 P.M., ABC

LISA WEIDENFELD

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I have a friend who constantly talks about herself and rarely asks any questions about my life. Is it self-confidence or narcissism?

Reportedly, narcissists have more sex, are night-mares to divorce and feed on self-promotional platforms like Facebook and Instagram.

Yet some of the very same traits commonly associated with narcissism would appear to characterize a fair-sized swath of the general population, especially in big cities where such attributes are encouraged and commonly associated with success.

How, then, does one distinguish a tiresomely self-centered person from a pathological narcissist?



Narcissists can feel like models on a runway all the time. That can leave friends feeling more like their audience than peers. / GETTY IMAGES

You're so vain

Word origins

The word "narcissist" comes from the story of an exceptionally vain Greek demigod named Narcissus who died because he couldn't tear himself away from his own reflection.



A DAFFODIL'S BOTANICAL NAME IS NARCISSUS. / THINKFOTO.DK

Motivation. People fitting either description might aspire to maintain a goal weight and dress fashionably, but a truly confident person will be driven by self-care and personal expression, whereas a true narcissist will aspire to win other people's love and admiration as a means to manipulate.

Empathy. Extreme narcissists don't value others' emotions and experiences. When challenged,

they often respond with denial and rage, and they can be vindictive.

Whether your friend is a diagnosed narcissist or not doesn't matter — you're her friend, not her therapist. Try sharing your feelings while expressing your desire that she inquire about your life, or you will presume she doesn't care. Narcissist or not, a "friend" who doesn't take an interest in your well-being is not a true friend, and she's not worth keeping around.

Are you a narcissist?

Candidates for Narcissistic Personality Disorder must meet at least five of the following criteria:

- display an exaggerated sense of self importance or grandiosity
- harbor fantasies of unlimited success, power, brilliance or beauty
- express excessive concern about their status and sense of specialness
- require constant admiration
- possess a sense of entitlement
- lack empathy and aspire to be envied (while secretly envying others)
- had parents who didn't properly acknowledge, accept or praise their thoughts, feelings and talents (so narcissists never develop an accurate picture of themselves and remain emotionally stunted)

Is your eating out of control?

A major New York City medical center is looking for women who want help with binge eating and vomiting to participate in a research study on eating patterns, weight, and metabolism.

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Eye exam. Why you probably need a checkup



Those hipster glasses may still be in style, Elijah Wood, but you should be getting your prescription checked every year. / GETTY IMAGES

Got 20/20 vision? You still need a yearly eye exam. The eyes really are the window to much more. A checkup can forewarn of major diseases, such as cancer and heart disease. Dr. Jacqueline Busingye, assistant professor of ophthalmology at the Icahn School of Medicine at Mount Sinai, explains how eyes offer a glimpse into what's going on in the rest of your body.

The big picture

"In an eye exam, we can see the blood vessels and the optic nerve. It's the only nerve in the body we can actually see," says Busingye. "Nerve abnormalities tell us there's a possibility of a brain tumor or other tumors. There are lots of tiny blood

Prevent problems

Save your eyesight

Detecting, diagnosing and treating conditions not only gets them under control, but can save eye damage from becoming permanent. "Unfortunately, we take our vision for granted until we wake up and can't see so well," says Busingye. "It's not until it's threatened that people do something, and by then, if damage has occurred, it's too late."

vessels that allow us to see the potential for disease in other parts of the body. Sometimes we find bleeding in the back of the eye, or we see inflammation. Then we work out the

underlying cause."

Infectious disease

At the beginning of the exam, the first thing the doctor does is rule out infectious diseases, such as Lyme disease or syphilis, or inflammatory issues, such as autoimmune disorders.

Common ailments

Then comes the check for other possible illnesses. Not everything can be detected in an eye exam, but those that can include diabetes, cancer, high blood pressure, high cholesterol and thyroid disease. High blood pressure, for example, can cause bleeding or malformations in the eye's blood vessels. Plaque from high cholesterol can damage the eye's tiny blood vessels before affecting larger arteries. **LINDA CLARKE**

Gadgets to protect your health

The medical industry is inundated with devices looking after all aspects of your well-being, from monitoring your sleep patterns to warding off shark attacks. We round up some of the quirkiest, most helpful tech gizmos that just hit the market. **WANISE MARTINEZ**

1 Mosquito repellent bracelet

Say goodbye to itchy bumps from nasty mosquitoes: That's the role of Invisaband, a non-toxic bracelet made from geraniol oil which promises those bugs will stop biting you throughout the summer months. With this accessory, mosquitoes' ability to sense their next feast (you) is neutralized, and you won't have to deal with messy and strong-smelling sprays. Available on Indiegogo, packages range from one pack of five Invisabands for \$19 to 1,000 bands for \$1,600.



3 A device for a better night's sleep

Most of us don't wake up refreshed because our sleep patterns are out of sync. Slumber tracking device Withings Aura attempts to solve this dilemma by monitoring our sleep through body movement, breathing patterns and heart rate analysis. It requires the combination of an app and bedside device that examine sound, temperature and light levels. Out now, the unit is priced at \$299.95.



2 Monitor your glucose via app

Here's a way to manage diabetes in the digital age: Use your smartphone to

monitor your blood glucose levels. The Wireless Smart Gluco-Monitoring System from firm iHealth records all of your glucose readings within the app logbook, eliminating the

need for manual records. It also tracks the quantity of your test strips. The device runs in iOS and Android and costs \$29.95 (with test strips sold separately).



High-tech clip sensor prevents concussion

Many athletes suffer from head injuries. The Jolt Sensor clip was developed to prevent concussions during games and trainings by monitoring the wearer's movements. If there's an imminent threat of such

a head injury — or when it indeed happens — the gadget will vibrate and wirelessly send a message to referees, coaches and medical staff.

The device was created by Ben Harvatine, of Missouri, after he suffered from a concussion while wrestling. It is now available on Kickstarter, priced at \$100.

5 Ankle strap worn to ward off sharks

If you're afraid of sharks, you'll be thrilled to know you can return to the beach with a wearable gadget that can repel any approaching sea life (according to the device's creators). The SharkStopper uses an unique acoustic frequency that can repel multiple species of sharks up to 60 feet away. The device's inventor,

Brian Wynne, guarantees that the sound emitted is safe, having undergone tests in seven shark locations around the world. Now listed on Kickstarter, the SharkStopper will cost \$275 per unit and go on sale at the end of the year or early 2015.



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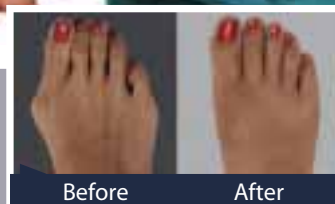
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Monday, September 22, 2014

JOBS 26

Mamet doesn't 'lean in'

Career path. The "Girls" star says all women can find a way to make their mark.

Zosia Mamet is living proof that even if you don't think you can get a job you're going for, you should still try.

Mamet says she was originally convinced that she would never get her breakout role in "Girls."

"I was very ill," the 26-year-old Mamet says. "I thought my chances were slim."

Mamet and Glamour magazine are teaming up with Bayer HealthCare to launch the Skyla Make Your Mark contest, which aims to find young women who are making an impact. We caught up with Mamet to get her definition of success.

You've said "leaning in" is not for you. Often

Bonus question

I heard you became really sad as a kid when you heard grown-ups complain about work.

I used to sneak into my parents' dinner parties and there was this common theme where people would start bitching near the end of the dinner party because they had to go home because they had to get up for work.

I didn't understand as a kid. You're given this blank slate, why would you choose to do something that makes you unhappy. To me, you should do something you love.

women are knocked for making choices that make them happier because they are not necessarily grand choices. I feel that you are

making your mark no matter what you do — whether you are a CEO or a mother. If you're doing it with passion, then that's the most important thing.



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THERE ARE MANY WAYS TO DEFINE SUCCESS, SAYS MAMET. /GETTY IMAGES



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Horoscope

♍ Virgo | Aug. 23-Sept. 22. Make whatever changes are necessary. You will likely face disapproval, but don't be dissuaded from doing what is best for you.

♎ Libra | Sept. 23-Oct. 22. Neglecting legal will have unpleasant consequences. Take control before these become too hard. Avoid lending or borrowing.

♏ Scorpio | Oct. 23-Nov. 21. You can improve your status among your peers by being assertive and self-assured. Be vocal about the contributions you can make.

♐ Sagittarius | Nov. 22-Dec. 21. Your hard work and discipline will bring promising results. Hasty decisions will be your downfall.

♑ Capricorn | Dec. 22-Jan. 20. Be considerate of the people you love. Your compassion will be necessary if those around you are oversensitive.

♒ Aquarius | Jan. 21-Feb. 18. Revitalize your appearance. Updates to your residence will give you a new lease on life and allow others to see what you have to offer.

♓ Pisces | Feb. 19-March 20. Strive to be open. Fluctuating circumstances are a fact of life. How you react will be the test of how flexible and adaptable you are.

♈ Aries | March 21-April 20. A spontaneous decision will lead to regret. Your resourcefulness will bring bigger opportunities. You will add innovative final touches to projects.

♉ Taurus | April 21-May 21. If you tackle the responsibilities that have been weighing you down, you will have time left over for some entertainment.

♊ Gemini | May 22-June 20. Don't go out of your way to impress others. Your personality speaks volumes about what you have to offer. Clear up outstanding debts or bills.

♋ Cancer | June 21-July 22. If you need guidance, confide in someone you trust. Romance is in the picture, but complex issues exist.

♌ Leo | July 23-Aug. 22. Splurging will take a toll on your bank account. You can make many attractive changes to your living space if you are resourceful. **EUGENIA LOST**

Letters

Stop all violence

Actions like those of Ray Rice happen, in large part, because the culture tolerates and glorifies violence. People who commit these crimes are seldom held responsible, especially if they are stars. If those who abuse knew that they would be held responsible, we would see a great reduction in such crimes. While treatment is part of the solution, as long as perpetrators get away with violence, it will continue. It will take a concerted effort to stop violence. There is way too much violence in the media, much of it sexual, that must be eliminated. A renewed women's movement, sexual abuse survivors movement and people of color movement is needed. **SHIFRA FREE-WOMAN, VIA EMAIL**

Stop hating cyclists

There's a very easy test to prove it is pedestrians who are the No. 1 criminal in the city, and not cyclists: Stand and watch how many pedestrians break the law and wander into the bike lane (lots) versus how many cyclists break the law and wander into the pedestrian lane (almost zero, unless their bike lane has pedestrians in it). Film it, too. Then tell us what you saw. Facts matter. Cyclists can't get away with not paying attention because we get badly hurt in any crash. **JANICE AMATO, VIA EMAIL**

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

4	3			5			8	7
						4	1	
7			9				5	
		9	5		6		7	
	8			1			9	
	5		7		3	1		
	7				5			9
	4	1						
2	6			3			4	1

5			9		2			
	6			5		9	1	
	4					5	2	8
		6	1	4				7
8				2	3	4		
3	7	5					8	
	2	1		3			5	
			2	5				1

How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Herds of whales
- 5 Oval nut
- 10 Hubbub (hyph.)
- 14 Kuwait neighbor
- 15 Pop up
- 16 Felt grateful
- 17 Meditation guide
- 18 Shelved
- 20 Atahualpa subject
- 22 Susan of "L.A. Law"
- 23 Wins against
- 24 — one's time
- 26 Clown around
- 27 Almost fell
- 30 Tent dweller
- 34 Diner fare
- 35 Uh-huh (2 wds.)
- 36 Swimsuit half
- 37 After midnight
- 38 Summary
- 40 Dorm denizen
- 41 Brother's title
- 42 Soften
- 43 Flammable gas
- 45 Flower oil
- 47 Nobler
- 48 Courtroom fig.
- 49 Dangerfield persona
- 50 Babble
- 53 Take for a ride
- 54 Wild guesses
- 58 Went dormant

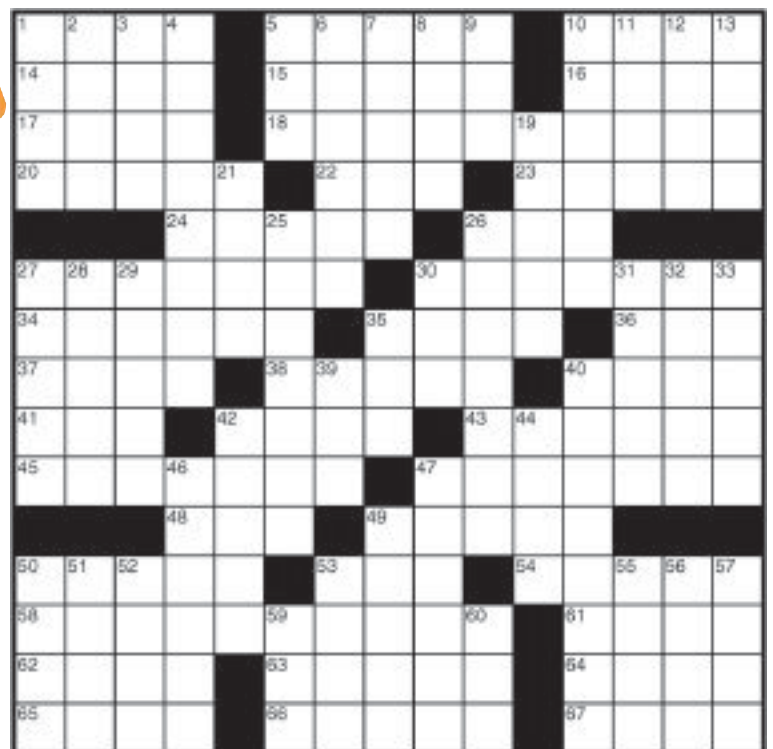
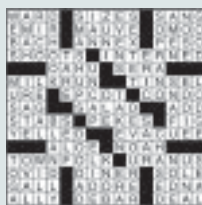
- 61 Borodin prince
- 62 Roman highway
- 63 Houston pro
- 64 Evening, to Pierre
- 65 Knight's wife
- 66 Chooser's word
- 67 Festive affair

Down

- 1 Chevalier musical
- 2 Make — for it
- 3 Cleopatra's wooer
- 4 Bicker
- 5 Cooking spray brand
- 6 Rusted away
- 7 Quoted
- 8 Wan
- 9 Kan. neighbor
- 10 El Greco's city
- 11 They fly by night
- 12 Bug repellent
- 13 Chances
- 19 Put up with
- 21 Shade of green
- 25 Take away from
- 26 Zoo employees
- 27 Rex Stout detective
- 28 Bradley and Sharif
- 29 Test versions
- 30 Youth org.
- 31 Kapitan's command (hyph.)
- 32 Peace goddess



Yesterday's answer



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3

SPORTS



Many happy returns

Tanaka strong in return

Many people questioned why the Yankees would risk bringing Masahiro Tanaka back this season with nothing on the line. That question may still remain, but the results were at least good on Sunday. Tanaka pitched for the first time since suffering a partial tear in his elbow on July 8. He went 5 1/3 innings and allowed five hits and one run. He struck out four. But most importantly, he said he felt no pain after the outing. The Yankees won, 5-2, but remain 4 1/2 back in the wild card.

Jennings carries Giants to victory

NFL. The free agent running back showed fans why the team was so eager to sign him this offseason.

The Giants entered Sunday a maligned outfit due to an offense that had sputtered out of the gate. But thanks to a career-best performance from running back Rashad Jennings, Big Blue stomped its way to a convincing 30-17 victory.

Jennings, who came to New York from Oakland last year, by way of Jacksonville, was highly coveted this offseason by general manager Jerry Reese and head coach Tom Coughlin.

It looked like Jennings would be just another guy during the Giants' 0-2 start — including a critical fumble in last week's loss — but after his career-high 176-yard performance, it looks like Reese made the right decision.

"Last week was a hard pill to swallow, watching that film. Bouncing back was something I pride myself in, so we had to correct those problems," Jennings said. "I know I took that [fumble] to heart. But I knew ultimately it was something I moved forward from and prepared for this week."

Casual fans may not recognize Jennings' skill-set, particularly since he spent a majority of his pre-Giants career as an understudy. He first toiled in anonymity in Jacksonville behind Maurice Jones-Drew and last year shared time with Darren McFadden.



Rashad Jennings had his first big day as a member of the Giants on Sunday and he carried them to an easy win over the Texans as a result. / GETTY IMAGES

NFC East roundup

It was an eventful day in the NFC East as the Eagles and Redskins literally fought for a win and the Cowboys rallied.

• Eagles 37, Redskins 34

The rivals combined for 890 total yards — and two ejections for fighting — in DeSean Jackson's return. Nick Foles threw for 325 yards and three TDs.

• Cowboys 34, Rams 31

Dallas matched its biggest comeback in team history by falling behind 21-0 after the first quarter only to rally for a 34-3 run before a late Rams touchdown made it nerve-wracking.

His time in New York was different from the start, as he was essentially made the starter upon arrival. He rewarded them on Sunday by giving the Giants a time of possession edge and help move the chains on third down. So lopsided was the third-down efficiency that the Texans didn't convert until the 4:25 mark of the final quarter. They were 0-of-10 until that point.

Jennings said all praise should fall on the guys up front, as well as the passing game that allowed rushing lanes to open wide for him.

"The O-line did an outstanding job of getting hat-on-hat blocking. Eli [Manning] did a great job, and the receivers did a great job at getting me open lanes because of all the damage they were doing in the

passing game. Everyone played well. I was just doing my job," said Jennings. "I truly believe when the offensive run game is effective, everything else is, too. And when it's not it means I'm not making plays."

"The offensive line did a great job of opening up lanes for Rashad. And Rashad ran hard to get us better down-and-distances," Manning said. "It didn't feel like we had any third downs at all really. That's the way it's supposed to go."

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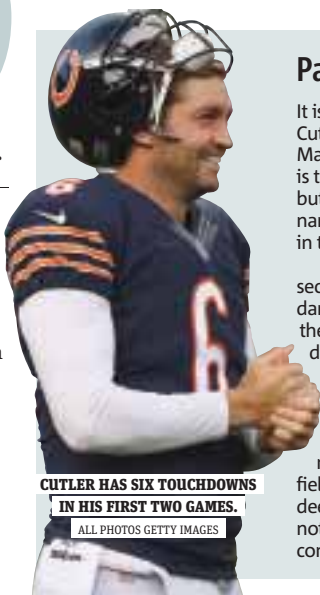
Stories to watch as Jets host the Bears

NFL. The Jets have another tough NFC North foe on the schedule this week.

Jets fans might've chalked up a Monday Night matchup with the Bears as a loss heading into the season, but a tremendous start — including a near win over Green Bay — might give them a different outlook now.

Metro takes a look at three storylines to watch as the Jets host Chicago tonight (8:30, ESPN).

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CUTLER HAS SIX TOUCHDOWNS
IN HIS FIRST TWO GAMES.

ALL PHOTOS GETTY IMAGES

Passing attack

It is hard to tell if Jay Cutler makes Brandon Marshall look good or if it is the other way around, but the Cutler-Marshall dynamic is among the best in the league.

Given the Jets' secondary issues, this a dangerous matchup for their defense. It will come down to the front seven generating a devastating pass rush to speed up Cutler. If given time in the pocket, he can move the ball down the field. But if pressured, his deep route runners might not be open and he'll commit turnovers.

On the run

The Jets got little production from their running backs, in particular from Chris Johnson, against the Packers. He had just 21 yards on 12 carries in the Jets loss. Part of that might be due to the struggles of the offensive line but the Jets need Johnson to deliver.

"It is going to be no secret," coach Rex Ryan said. "They are going to have a bunch of guys down there [in the box], so I expect eight guys down there and certainly that will be their focus, stopping the run."



JOHNSON IS AVERAGING JUST
3.6 YARDS PER CARRY THROUGH
TWO GAMES WITH THE JETS.

Consistent Smith

Quarterback Geno Smith is much better than he was a year ago in many ways. His pocket presence and footwork have improved and, for the most part, he is making smarter decisions with the ball. But Smith has struggled in the second half of games.

He is a cumulative 14-of-26 for 140 yards and he has failed to throw a touchdown after halftime in two starts. Those numbers are a stark contrast to his first half performances where he has sizzled with a 73.5 percent completion percentage, good for a 90.0 quarterback rating. The Jets will need a more balanced effort from Smith on both sides of the half.

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■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a prostate issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA* ■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**



#26

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. *Irene Surridge, 67, Owen Sound, ON* ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

Blood Pressure Formulation

Dr. C. Hammoud M. H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. "A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. "A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. "We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. "Achieve your balance and maintain your balance and a healthy range."

CLEAR SKIN

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. "This makes sense. Usually you can see how it benefits your skin within days. "Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product."



■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks **#60** for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**



#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep #23.** My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ **AVAILABLE IN MANHATTAN:** New Life Nutritional Centre 714 W. 181 St. Cash Rx Plus 746 10th Ave. @ W 51st St Cordette Drugs 55 W 39th St @ 6th Ave. Cross County Pharmacy 1514 Madison Ave. @ 103rd Food For Health 1653 3rd Ave. New London Pharmacy 246 8th Ave @ 23rd St. A Matter of Health 1478 1st Ave. @ E 77th St. Ajanta Pharmacy 2718 8th Ave. @ 145th St Arrow Pharmacy 883 9th Ave. @ 57th St. Blake Pharmacy 1868 3rd Ave. @ 103rd St. Bliss Pharmacy 1590 Madison Ave. @ 107th St. C & C Nutrition 561 W 179th St. @ St. Nicholas Ave. Dile Punab Deli 170 9th ave @ 20th @ 21st ST. Harlem RX Pharmacy 102W. 116TH St. Health IS Wealth 184 7th Ave. Earth Matters 177 Ludlow St. @ Houston St. Elm Health 1695 1st Ave. @ E 88th St. Metro Drugs 7 West 14th St. near 5th Ave. Metro Drugs 931 Lexington Ave. @ 68th St. #92 Pharmacy 1938 2nd Ave. @ E. 100th St. VLV Med Pharmacy 4085 Broadway St. Earth Matters 177 Ludlow St. @ Houston St. Gary Nul's Uptown Whole Foods 2421 Broadway St. Health Harvest 820 2nd Ave. Natural Green Market 162 3rd Ave. Pro Health Pharmacy 385 2nd Ave. Pro Health Pharmacy 370 Lexington Ave.

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